

For information about chapel and off-base worship services, call the RAF Lakenheath chapel staff at Ext. 3711.

493rd change of command

The 493rd Fighter Squadron change-of-command ceremony is at 10 a.m. today in Hangar 7. For more information, call MSgt. Roberto Moreno-Almeida at Ext. 5513.

NCO induction ceremony

An NCO induction ceremony for all senior airmen being promoted to staff sergeant in May is at 4 p.m. May 1 at the Liberty Club. For more information, call MSgt. Jimmey Donica at Ext. 2833.

Chapel steak dinner

The chapel staff plans a steak dinner at 5 p.m. May 7 at the base chapel for dorm residents, families living in the temporary living facilities and families of deployed members. People who wish to help with the dinner or who want more information can call the chapel at Ext. 3711.

Club Beyond spaghetti dinner

The Junior Club Beyond and Junior Protestant Youth of the Chapel sponsor a spaghetti dinner April 27 following the 11 a.m. service. The groups are raising money for a trip to Italy in June. Cost is \$2 for adults and \$1 for children under 12. For more information, call Ext. 3711.

Hispanic American club meets

The Hispanic American club meets at 3 p.m.

Sunday at Bldg. 619 at RAF Mildenhall. For more information or directions, call Ext. 3553.

Enlisted spouses club

The enlisted spouses club sponsors a trip to Pentney Abbey for a medieval dinner with entertainment, music and dancing from 6 p.m. - 1 a.m. Saturday. Cost is £20 and includes transportation.

The club meets at 7 p.m. Monday at the Liberty Club.

For more information, call Marcia Aevertmann at (01638) 533533.

Tailor shops change management

The tailor shops at RAFs Lakenheath and Mildenhall are closed today - Thursday. The shops reopen April 25 with new management. For more information, call (01638) 533861.

Orthodox church services

The Orthodox church services for Lent are:

☐ Lazarus Saturday - 9:30 a.m. - Saturday.

☐ Vigil for Palm Sunday - 6 p.m. Saturday.

☐ Entry of the Lord into Jerusalem, or Palm Sunday - 9:30 a.m. Sunday.

Services will be held at St. John De Sepulchre Church, Ber Street, Norwich. For more information, call Rev. Patrick Hodson at (01362) 6993397.

Spring fashion show

Syene Temple #193 sponsors a "Sounds of Motown" spring fashion show May 3 at the Newmarket Celebrities cabaret club. Cost is £10. For details, call Ext. 5443.

PACE activities

People Associated for Cultural Enrichment sponsors a bowl-a-thon from 1 - 4 p.m.

Community meeting

A community information meeting is from 11 a.m. - noon Tuesday at the officers' club ballroom. Agencies including the chapel, hospital, services, Army and Air Force Exchange Service and commissary present five-minute briefings on what's new in the upcoming month. Handouts are provided. For more information, call Ext. 3847.

Saturday at the bowling center. For details, call Ext. 3582.

Logistics group banquet

The 1996 48th Logistics Group Professional Performer of the Year banquet is today at the officers' club. Social hour begins at 6 p.m. and dinner is 7 p.m. Attire is semi-formal or mess dress. Cost is \$15 per person for E-6 and below and \$18 for E-7 and above. For details, call Ext. 3157.

Blood drives

The blood donor center sponsors a blood drive May 1. For details, call Ext. 6524.

Health and wellness center

The health and wellness center sponsors the following activities:

☐ Back-pain classes are from 10 - 11 a.m. Wednesday. Discussions center around strengthening techniques, body mechanics and how to lift and sit correctly.

☐ A tobacco cessation class is from noon - 1 p.m. Fridays from today through June 6. Nicotine patches are offered for use during the course.

For more information on any of these programs, call Ext. 2710.

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

Delivery class

A special delivery program meets from 9 a.m. - noon today in the conference room. Topics include an overview of the book "Your Baby's First Year," a financial presentation on "Budgeting For the

New Baby," Parenting 101, which covers basic parenting principles, information on building a child's self-esteem, communication, effective discipline and redirecting misbehavior. Other areas to be addressed are sibling rivalry and birth order. Participants receive a free bundle of baby supplies.

Teen life group meets

A teen life group meets from 5:30 - 6:30 p.m. today at the youth center. The class promotes personal development and coping skills for teens. Topics include self esteem, handling relation-

ships, dating and family communication.

Youth life group meets

A youth life group meets from 4:30 - 5:30 p.m. Thursday at the youth center. The group promotes development and coping skills among preteens. Topics include self esteem, friendships, dating and more.

Transition program

A four-day transition assistance program is from 1 - 5 p.m. Monday and from 8:30 a.m. - 5 p.m. Tuesday through Thursday in the conference room. The classes provide training in job-search skills to help military members and their families transition

from military to civilian careers.

Working in UK seminar

A seminar about working in the United Kingdom is from 11 a.m. - 1 p.m. April 25 in the conference room. The seminar discusses training and employment counseling services available to U.S. citizens residing in Suffolk.

Spouses group meets

The foreign-born spouses group meets from 6 - 8 p.m. April 25 in the conference room. The group provides a forum for spouses and addresses issues including immigration, naturalization, citizenship and more.